



Gladstone Seniors Residence



AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CIVIC HOLIDAY 	2 9:30 Upper Body 2:00 CARD BINGO 	3 9:30 Lower Body 12:00 BBQ on Patio Sign up sheet by activity board	4 9:30 Upper Body 2:30 FATHER LOUIS	5 9:30 Lower Body 2:00 VISIT A FRIEND	6 Clean wheelchairs and walkers (C1)
7 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	8 9:30 Upper Body 2:00 FLING DICE 	9 9:30 Lower Body 2:00 BEAN BAG TOSS 	10 9:30 Upper Body 2:00 BINGO 	11 9:30 Lower Body 11:00 ST. MARY'S 2:00 KERPLUNK	12 9:30 Upper Body 2:00 TREAT ON THE DECK 	13 Clean wheelchairs and walkers (C1)
14 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	15 9:30 Lower Body 2:00 REMEMBER WHEN	16 9:30 Upper Body 2:00 TARGET PRACTICE 	17 9:30 Lower Body 12:00 BBQ on Patio Sign up sheet by activity board	18 9:30 Upper Body 2:00 CARD BINGO 	19 9:30 Lower Body 2:00 VISIT A FRIEND	20 Clean wheelchairs and walkers (C1)
21 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	22 9:30 Upper Body 2:00 PAPER ACTIVITIES Pauline	23 9:30 Lower Body 2:00 KERPLUNK 	24 9:30 Upper Body 2:00 WHEEL OF FORTUNE 	25 9:30 Lower Body 2:00 BINGO 	26 9:30 Upper Body 2:00 BIRTHDAY PARTY 	27 Clean wheelchairs and walkers (C1)
28 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	29 9:30 Lower Body MONTHLY WEIGHTS	30 9:30 Upper Body 2:00 CARD BINGO 	31 9:30 Lower Body 12:00 BBQ on Patio Sign up sheet by activity board		<div style="border: 1px solid black; background-color: yellow; padding: 5px;"> Activities may change on daily basis due to weather, cancellations or last minute changes or additions. Activities are for our residents only. </div>	